REGINA metro®

NEWS WORTH SHARING.

Uh-oh, there goes another one

Frigid weather is bursting an unusual number of water pipes across southern Sask. PAGE 2

Anti-gay bill now law in Uganda

The country's president accused the West of promoting homosexuality in Africa PAGE 3

DOUBLE-DOUBLE, TOIL 'N' TROUBLE

CAN A PATRIOTIC BLEND OF CANADIANA KEEP TIM HORTONS ON TOP OF THE COFFEE MARKET? PAGE 4

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MA'S TOPS IN THE WORLD

Seven-year-old Dayna Wall, right, and five-year-old Sarah hold the gold medal belonging to their mother, alternate player Kirsten Wall, as the gold-medal-winning Canadian women's curling team of skip Jennifer Jones arrives at Toronto's Pearson Airport from the Olympic Winter Games in Sochi, Russia, on Monday. More sports coverage, page 14. CHRIS YOUNG/THE CANADIAN PRESS

Proposed city tax hike under fire as budget finalized

Special public meeting. 7% increase on property tax debated after water and sewer rates pushed up 8% for 2014

MARCO VIGLIOTTI
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A proposed seven per cent property tax hike attracted heated debate at city hall on Monday night, as council weighed Regina's operating budget for the year.

A swelling number of speakers pushed the special public meeting past 10 p.m. and press time, as residents and organizations shared their views on the comprehensive spending plan.

On a home valued at $300,000, the tax increase would amount to about $109 on a bill that was $1,560 in 2013.

"We do fear that the proposed seven per cent property tax hike would move us further away from fiscal accountability," Marilyn Braun-Pollon, vice-president of agri-business with the Canadian Federation of Independent Business, told Mayor Michael Fougere and councillors.

Braun-Pollon expressed concerns that the proposed hike would "hinder" the ability of businesses to grow and expand.

The property tax matter arose after council approved a jump in water and sewer rates by eight per cent this year and by the same amount in 2015.

"The financial model put forward is very sustainable going forward," Fougere said of the rate increase.

"The essence here is clean drinking water and the disposal of wastewater."

According to city estimates, the average customers will face an increase of less than $10 a month on their water bills as a result of the hike.

Coun. Shawn Fraser said the increase is "unfortunate," but necessary to keep pace with the rising cost of water infrastructure.

"If we don't pay for what we use now," he said, "it's only the next generation that has to look out after it."

Many delegates expressed concerns about the impact of the successive increases on ratepayers of moderate to low incomes.

Jim Holmes, spokesman for Regina Water Watch, accused the city of short-changing low-income residents with one of the highest basic water rates of any major city in Western Canada.

Fougere, however, stressed that the rate increase is lower than the successive nine per cent hikes in the past two years.

For the complete story go to metronews.ca

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City workers repair a water main break on Louise Avenue in Saskatoon on Monday. Regina and Saskatoon have recently seen more water main breaks than usual, due to extreme cold. SARAH TAGUIAM/METRO

Southern Sask. under deep freeze

F-f-f-f-frigid. Municipal workers attended to 33 water main and water service breaks Monday; seven new leaks were reported in Saskatoon

SARAH TAGUIAM
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An unusual amount of water mains have been bursting in southern Saskatchewan, and city officials are pointing to extreme cold weather as the culprit.

Regina municipal workers attended to 33 water main and water service breaks on Monday, while seven new leaks were reported in Saskatoon.

"We were close to our five-year average up until two weeks ago when the numbers just went through the roof," said John Ullrich, Regina's manager of water sewer construction.

Regina's water leak average for February is 41, but the number this month is already at 49.

Saskatoon has seen almost double the number of water main breaks from previous years, with one to four breaks reported daily.

"It's not a normal phenomenon," said Trent Schmidt, Saskatoon's acting director of public works.

"Older mains tend to have more problems, but this frost action on pipes can affect even a main installed in 2013."

If frigid conditions persist, said Ullrich and Schmidt, both cities could expect a surge in water leaks.

City workers try to repair leaks within 24 to 48 hours.

"There's not much we can do about it," Ullrich said.

"It's a reactionary process, and we can't do much before the pipes burst."

'Unfortunately...'

Temperatures below the seasonal average with wind chills of -46 to -49 have caused the deep frost, according to Environment Canada meteorologist John Paul Cragg.

- The frost exerts a high pressure on water mains, bursting them.
- "Unfortunately," Cragg said, "the cold is going to continue for this week until it warms up a little on the weekend."

Backlog

Sask. urges feds to step in to help move stalled grain

The Saskatchewan government is pressing Ottawa to step in between grain companies and Canada's largest rail lines to remove a transport backlog that's crippling shipments of the province's record harvest.

Economy Minister Bill Boyd said on Monday that the federal government has to oversee talks between the parties in order to establish service agreements with shippers.

"We believe that there needs to be service agreements with reciprocal penalties involved in them, in order to ensure there is a level of service that is needed between the rail companies and the elevator companies," Boyd said. "We're calling on the federal government to immediately move to ensuring that those negotiations take place and oversee them."

Representatives from Canadian National Railway and Canadian Pacific Railway, according to Boyd, have indicated a willingness to negotiate toward establishing service agreements.

He's urging the federal government to get involved to ease apprehension in the railways and grain firms.

If both sides consent to reciprocal penalties, companies involved would face financial repercussions for failing to meet the terms of an agreement.

The push on Ottawa comes after a delegation of senior Saskatchewan government officials met recently with major players in the grain industry, as well as with the rail lines in a bid for solutions.

MARCO VIGLIOTTI/METRO

Humboldt. Inquest called into CO leak at seniors home

A public inquest is to be held into the deaths of three people after a carbon monoxide leak at a seniors home in Saskatchewan.

The provincial government says the week-long inquest into what happened at St. Mary's Villa in Humboldt in December 2010 is to begin Monday in Humboldt.

Staff initially thought seniors were getting sick because of a stomach virus or food poisoning. Workers were getting splitting headaches, but they never thought gas poisoning was a possibility.

There were no carbon monoxide detectors in the home.

An 89-year-old priest died an hour after an evacuation of the home began and two other elderly women died in the weeks that followed.

THE CANADIAN PRESS

3 charged in taxi robberies

Three men are charged after two robberies of taxi drivers in Regina on Friday.

The suspects were arrested on the 1600-block of Rae Street on Friday night while getting into a taxi, as city police investigated two cab robberies about a half-hour apart earlier that evening.

In the first incident, on the 600-block of Montague Street, a cab driver was robbed of his car at knife-point before the suspects ran away following their failure to start the vehicle, police said.

Regina police headquarters
METRO

In the next incident, a taxi driver was cut with a knife by suspects who stole his cab on the 1500-block of Retallack Street and abandoned it on the 1600-block of Rae, according to police.

The suspects, all of Regina and aged 25, 24 and 19, have been charged with robbery with violence and appeared in provincial court on Monday. METRO

People lay down flowers at one of the streets leading to Independence Square in Kyiv, Ukraine, on Monday. Ukraine's acting government issued a warrant Monday for the arrest of President Viktor Yanukovych, accusing him of mass crimes against protesters who stood up against his rule. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine issues arrest warrant for ousted leader

Kyiv. Derided by Russia as gun-toting thugs, new leaders move swiftly to open dialogue with West

With Viktor Yanukovych on the run, Ukraine's interim government drew up a warrant Monday for the fugitive president's arrest in the killing of anti-government protesters last week, while Russia issued its strongest condemnation yet of the new leaders in Kyiv, deriding them as "Kalashnikov-toting people in black masks."

Parliament speaker Oleksandr Turchinov, the interim president, moved quickly to open a dialogue with the West, saying at a meeting with EU foreign policy chief Catherine Ashton that the course toward closer integration with Europe and financial assistance from the EU were "key factors of stable and democratic development of Ukraine."

Yanukovych, who fled Kyiv on Saturday after the opposition took over government buildings, has reportedly gone to the Black Sea peninsula of Crimea, a pro-Russia area.

Calls are mounting to put Yanukovych on trial after a tumultuous presidency in which he amassed powers, enriched his allies and family, and cracked down on protesters.

Acting Interior Minister Arsen Avakhov said on his official Facebook page that a warrant has been issued for the arrest of Yanukovych and several other officials for the "mass killing of civilians."

THE ASSOCIATED PRESS

Ukraine no 'laughing matter'

Trudeau slammed for hockey quip

The Conservatives took aim at Justin Trudeau on Monday for his tongue-in-cheek weekend remarks linking the upheaval in Ukraine to Russia's Olympic hockey humiliation.

"So Justin Trudeau … thinks the deadly crisis in Ukraine is a laughing matter," Employment Minister Jason Kenney tweeted.

THE CANADIAN PRESS

Manitoba

Greyhound killer should have more freedom, says psychiatrist

A doctor is suggesting that a man who beheaded a passenger on a Manitoba Greyhound bus should get more freedom.

Vince Li's psychiatrist is asking the Criminal Code Review Board to let Li have unescorted day trips to Selkirk, Man.

Dr. Stephen Kremer says Li should also be moved out of a locked ward and onto an unlocked ward at the Selkirk Mental Health Centre. THE CANADIAN PRESS

Election Act changes

NDP, Liberals push for hearings

The NDP is accusing the governing Conservatives of trying to rig Canada's election rules while clouding criticism of the changes as just another Ottawa battle.

The NDP, backed by the Liberals, wants hearings held across the country on proposed changes to the Elections Act.

THE CANADIAN PRESS

Surprise move. Egypt's cabinet resigns; could pave the way for el-Sissi

Egypt's interim Cabinet resigned Monday in a surprise move that could pave the way for the nation's military chief Abdel-Fattah el-Sissi to announce his widely anticipated plans to run for president in the spring.

The resignation, announced by Prime Minister Hazem el-Beblawi in a televised statement, came amid a wave of labour strikes over the government's failure to fix the economy and rising popular anger nearly a year after Islamist President Mohammed Morsi was ousted by the military.

THE ASSOCIATED PRESS

Changes

The Cabinet will remain in office in a caretaking capacity until a new one is formed.

- El-Sissi has already secured the support of Egypt's military body to seek the presidency.

C. African Republic

Muslims killed in rural massacre

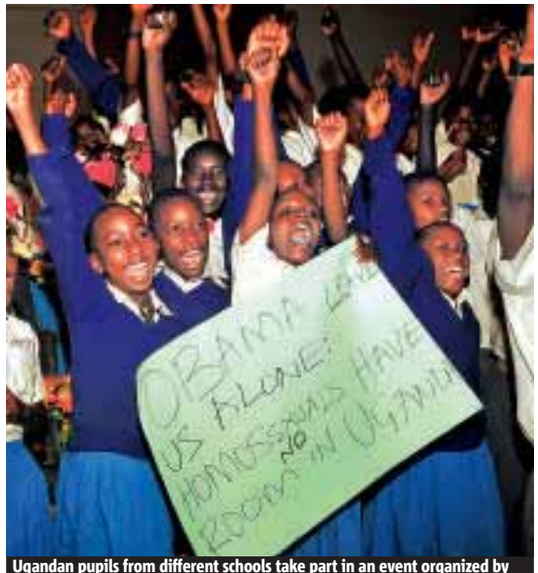
Christian militiamen killed at least 70 people in the remote southwest of Central African Republic, at one point ordering a group of Muslims to lie on the ground and shooting them one by one, witnesses said Monday. THE ASSOCIATED PRESS

Congo

Militia attacks displace thousands

The U.N. says 400,000 people have been displaced in recent months by fighting involving local militia groups in Congo's mineral-rich southeast Katanga province. THE ASSOCIATED PRESS

Defiant Ugandan president signs anti-gay bill into law



Ugandan pupils from different schools take part in an event organized by born-again Christians to celebrate the signing of a new anti-gay bill that sets harsh penalties for homosexual sex, at the Omega Healing Centre outside of Kampala, Uganda on Monday. STEPHEN WANDERA/THE ASSOCIATED PRESS

Uganda's president on Monday signed an anti-gay bill that punishes gay sex with up to life in prison, a measure likely to send Uganda's beleaguered gay community further underground as the police try to implement it amid fevered anti-gay sentiment across the country.

Ugandan President Yoweri Museveni said the bill, which goes into effect immediately, was needed because the West is promoting homosexuality in Africa.

Museveni may have defied Western pressure to shelve the bill, four years and many versions after it was introduced, but his move — likely to galvanize support ahead of presidential elections — pleased many Ugandans, who repeatedly urged him to sign the legislation.

Nigeria's president similarly signed an anti-gay bill into law just over a month ago, sparking increased violence against gays who already were persecuted in mob attacks.

Some watchdog groups warn a similar backlash of violence may occur in Uganda.

"Experience from other jurisdictions with similarly draconian laws, such as Nigeria or Russia, indicates that their implementation is often followed by a surge in violence against individuals thought to be lesbian, gay, bisexual or transgender," the International Gay and Lesbian Human Rights Commission said in a statement Monday.

"The Ugandan government has not indicated any plans to counter such violence or to investigate potential allegations of abuse."

In Washington, White House press secretary Jay Carney called the law "abhorrent," urged its repeal and said the White House is reviewing its relationship with Uganda.

THE ASSOCIATED PRESS

Coffee wars brewing from coast-to-coast

Joe drama. The once seemingly indomitable Tim Hortons is facing a big push from rivals McDonald's, Starbucks

MELISSA DUNNE
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On the ice, Tim Horton was known to dole out "Horton hugs," squeezing his rivals until they couldn't breathe.

Now, 50 years after Horton opened his first coffee shop, Tim Hortons Inc. execs will need to channel its founder's defensive style as it prepares to hit back in an increasingly crowded market.

Although Tim Hortons still dominates the Canadian coffee market, holding just over 75 per cent of it with about 3,500 outlets in Canada, the company recently missed analysts' profit expectations for 2013. On Tuesday, Tim's will unveil its plan to squeeze key players like McDonald's McCafé and Starbucks, which have dropped the gloves in the fight for java supremacy.

When Tim's opened its first store in Hamilton, Ont., in 1964, it had the arena to itself, said Douglas Hunter, who has written books on both Horton and Hortons.

"Tim's could expand easily, move right next to McDonald's and it didn't matter, they were selling different products."

It matters now.

McDonald's Restaurants of Canada Ltd. is aggressively going after longtime Tim's fans.

In 2007, the burger giant jolted its competitors by winning a Consumer Reports taste test. When the Golden Arches launched McCafé in Canada in 2009, it gave away its coffee for free. McD's aggressive game has reaped rewards: it has doubled its market share here to about 10 per cent in under five years.

This week customers can get a free coffee in a sleek brown-and-white cup at one of McDonald's almost 1,500 outposts in Canada. But free java will not sway Yasha Grey, a 25-year-old master's student in St. Catharines, Ont., who usually orders a single-single (one cream, one sugar), coming in a Tim's iconic red-and-yellow Roll Up the Rim to Win cup these days.

"It may sound cheesy, but I really like that Tim Hortons is Canadian," Grey said. "I like its homey, country feel."

Cheesy or not, serving up a side of Canadiana works.

The power of patriotism is now percolating over at Starbucks Canada. The world java juggernaut first came to Canada in 1987 with a single outlet in Vancouver. It now has more than 1,000 outlets here and will open about 100 more this year. Its baristas now pour a Canada-only brew named True North into minimalist green-and-white cups. And, as we enter maple-syrup season, Starbucks is unveiling the Maple Macchiato next week.

While Timothy's Coffees of the World Inc. and The Second Cup Ltd. opened their doors in Canada 12 years before Starbucks, they have not been able to maintain their head start.

By the numbers

$898M

Tim Hortons reported it had earned $898.5 million in revenue during the fourth quarter, up 10.7 per cent from a year earlier, but a smaller profit than analysts were expecting.

Timothy's grew from one store in London, Ont., to about 139 in 2009. It is down to about 100 stores after its wholesale and retail businesses were spun off and sold to U.S. companies.

Second Cup started as a kiosk in a Toronto mall and now has about 350 cafés. It dropped its CEO late last year after it posted a loss of $8.5 million. But the chain is mounting a comeback under Alix Box, who once worked as an executive at Starbucks and officially took the reins Monday.

Unlike its smaller Canadian compatriots, Tim's has been able to stay ahead of international competitors so far.

But to some, the chain is starting to taste stale and needs to brew up a fresh pot of business fast.

"We are moving into a different era. The baby boomers Tim's has relied on are getting older," said Douglas Stephens, a leading retail analyst based in Toronto.

In a bid to attract baby boomers' kids and grandkids, all coffee sellers must hatch bold strategies.

We love coffee, with a whopping 65 per cent of us drinking it daily, according to a study by the Coffee Association of Canada, but changing demographics mean changing tastes.

Millennials demand that products be healthy and ethically sourced. Oh, and also cheap. And many new Canadians don't even drink coffee, opting for tea instead, noted Stephens.

Like the real Horton, Tim Hortons' top brass will have to mount a strong defence if the chain is to remain the top player in the good ol' coffee game.

At-home

The coffee pot has gone to pod

Pots are out, pods are in.

"In the at-home category, single-serve machines have been a category disruptive phenomenon," said Sandy McAlpine, head of the Coffee Association of Canada.

Keurig, Tassimo and Nespresso currently dominate the market, said McAlpine.

The focus of Tim Hortons, McDonald's and Starbucks is take-out brew, but the at-home market can't be ignored.

Just over half of Canadians make their cuppa at home daily, while only 24 per cent buy takeout every day, noted McAlpine.

In response, Tim's announced last week it will expand its Keurig K-discs and Tassimo T-discs to grocery-store shelves later this year. McD's, under its McCafé brand, has teamed up with Kraft and will test selling pods in U.S. grocery stores soon. Starbucks opted to launch its own machine and pods, called Verismo, in its Canadian stores in late 2012.

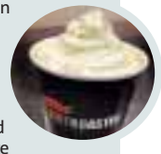
Pods have certainly perked up the home market, and the takeout coffee champs have all set their sights on adding some at-home fans to their base.

Hipster havens

Here are some top independent coffee shops across Canada luring hipsters away from Starbucks, Tim Hortons and McDonald's.

- **Vancouver.** JJ Bean: Established in 1996; 15 locations, as of March; its specialties are the cappuccino and vegan-friendly Very Berry Muffin.
- **Calgary.** Caffè Artigiano: Established in 2000; 12 locations in Western Canada; its specialty is the cappuccino (espresso, milk and foam).

- **Edmonton.** Leva: Established in 2003; one location; its specialties are the cappuccino and croissants.
- **Regina.** Atlantis Coffee: Established in 2000; one location; its specialties are the cappuccino and Prairie Cherry Scone.
- **Winnipeg.** Parlour Coffee: Established in 2011; one location; its specialties are wet-foam cappuccinos (flat white) and pour-over coffees.
- **Saskatoon.** Collective Coffee: Established in 2011; its specialties are artisan espresso and single-origin coffee.
- **London, Ont.** The Fire Roasted Coffee Co.: Established in 2013; two locations; its specialty is El Toro Bravo, an espresso and hot chocolate latte made with real chocolate.



- **Toronto.** Sam James Coffee Bar: Established in 2009; three locations; its specialty is the cappuccino.
- **Ottawa.** Bridgehead: Established in 2000; 15 locations; its specialties are the cappuccino and Morning Bun.

- **Halifax.** Two If By Sea Café: Established in 2009; two locations; its specialties are chocolate croissants and drip coffee.

White elephants or lasting investments?

As the sun sets on the Sochi 2014 Winter Games in Russia, the future is uncertain. For the host cities the real challenge begins with the end of the Olympics. How do they continue to use the expensive stadiums after the party's over? What happens to the athletes' villages? What is the legacy of the games? Here's a look at what some past Summer and Winter Games sites around the world look like post-Olympics

THE ASSOCIATED PRESS

AMEL EMRIC/THE ASSOCIATED PRESS

Sarajevo, Bosnia: Gone downhill

Wartime destruction and negligence have turned most of Sarajevo's 1984 Winter Olympic venues into painful reminders of the city's golden times.

Vancouver: On track, so far

All games venues from the 2010 Olympics in Vancouver remain in use, with local authorities funding a $110 million trust to make sure that they don't fall into disrepair.

CHRIS CARLSON/THE ASSOCIATED PRESS FILE

Nagano, Japan: David and Goliaths

In Nagano, Japan, a city with a population of just 387,000, five large structures were built for the 1998 Winter Games. They are in use, but many say the venues are too big and costly to maintain for the size of the town.

CHRIS CARLSON/THE ASSOCIATED PRESS FILE

McMuffin vs. Waffle Taco in breakfast smackdown

Egg McMuffin, meet the Waffle Taco.

Taco Bell is readying for the launch of its national breakfast menu in the U.S. on March 27, with items such as the A.M. Crunchwrap designed to appeal to its fan base of younger men. And the chain says breakfast will be available until 11 a.m. — a half hour longer than McDonald's offers its Egg McMuffins.

"We can turn the breakfast conversation into a two horse race," Taco Bell president Brian Niccol said in an interview, noting that Taco Bell intends to be a "strong number two" after McDonald's in America.

McDonald's has long been the fast-food leader in the mornings in the U.S., with its popular Sausage Biscuits, Hotcakes and other items pulling in roughly 20 per cent of the company's U.S. sales. But the chain has been facing stiffer competition in recent years, with competitors such as Starbucks and Subway rolling out breakfast sandwiches as well.

It's not clear how Taco Bell's entry into breakfast will alter the fast-food landscape. Last year, an executive with Taco Bell's parent company Yum Brands said that breakfast accounted for about four per cent of sales in locations where it was tested.

THE ASSOCIATED PRESS

Latest offerings

Sony 'stands on shoulders' of older products

Sony is borrowing innovations from its audio and camcorder businesses and incorporating its new Xperia Z2 smartphone with noise-cancelling technology and ultra-high-definition video recording.

Noise cancellation works with an in-ear headset sold separately for 60 euros ($82 US). THE ASSOCIATED PRESS

Voice service coming

Hey, what's up? Talk with pals via WhatsApp soon

WhatsApp, the popular messaging service for smartphones acquired by Facebook, will soon be offering a voice service.

CEO Jan Koum said the voice service will be deployed for Android and iPhones this spring, with BlackBerry and Microsoft and Nokia phones coming later. THE ASSOCIATED PRESS

Market Minute

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DON'T BE AFRAID TO FALL

SHE SAYS

Jessica Napier
metronews.ca

My generation grew up in an age of motivational posters and boom-time optimism. My parents, for better or worse, always tried to nurture my specialness and asserted that I could achieve absolutely anything I set my mind to. But for the large majority of us that simply isn't true and these high expectations can lead to a great deal of disappointment.

And it's not just overly entitled millennials who are faced with the challenges of overcoming rejection. Every day romances end, job applications are tossed in the recycling bin and hopeful young athletes are cut from the team.

Some forms of rejection are subtle and relatively inconsequential; you'll never really know if someone swipes to the left on your Tinder profile or one of your countless Twitter connections decides to unfollow you. But it's hard not to feel crushed when you're passed over for a promotion or a landlord picks someone else for that perfect apartment.

In fact, the sting of being snubbed actually hurts in much the same way as physical distress. In a 2011 study at the University of Michigan, researchers used a functional MRI machine to measure our brain's reaction to social rejection compared to simulated bodily pain. The researchers found that asking participants to recall their feelings about a bad breakup activated the same region of the brain that processes physical discomfort.

If hurt feelings can actually translate into the ache of a broken bone then logic would suggest that popping a couple of pain killers might help relieve the anguish of being rebuffed (at least temporarily). However, rather than doubling down on painkillers, we're probably better off reconditioning ourselves to process our emotions in a more positive and constructive way.

It's easy to dwell on moments of rejection and allow those feelings of inadequacy to chip away at your self-esteem. But attacking yourself when you're already down is like rubbing lemon juice into a paper cut. Concentrating on why you're not good enough for your dream job or blaming yourself for a failed relationship makes it difficult to stabilize your emotions and get past the pain. If we instead focus on reconstructing these negative experiences as opportunities for personal growth, we're more likely to recover faster and move forward.

It's important to remember that some of the most successful people in the world fail the greatest amount, not because they're hopeless but because they allow themselves to be vulnerable and go after possibilities even though they've failed in the past.

If you try to avoid rejection at all costs in order to protect your fragile ego, you'll avoid getting hurt by potentially bad experiences but you'll also miss out on plenty of positive ones too. Getting out of your comfort zone and risking failure is a success in itself because even if you're doing something wrong, at least you're doing something.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

They've entered the matrix

COURTESY NUMEN/FOR USE

Geometric cube is artsy jungle gym

These climbers are learning the ropes of how to scale a 3D grid. Designed by Croatian-Austrian collective Numen/For Use, String Prototype is an inflatable jungle gym-meets-interactive art site that contains a network of interlocking cables, allowing intrepid visitors to explore inside a large-scale white cube. METRO

The cube stands at eight metres high and six metres wide.
COURTESY NUMEN/FOR USE

Ropes tight enough to hold people

When the cube deflates, the ropes become loose, allowing the installation to decompress. When inflated, the ropes tighten themselves into a grid strong enough to support the weight of children and adults alike. METRO

Clickbait

LUKE SIMCOE
Metro Online

With the advent of Siri for iPhone and Google Now for Android, we were empowered to talk to our mobile phones. Almost immediately, they began to talk back. Both Apple and Google have loaded their voice search programs with fun, often hilarious Easter eggs. To check some of them out, ask your phone a few of these questions.

ISTOCKIMAGES

Android:

"Make me a sandwich."
"Beam me up, Scotty."
"Who are you?"
"When am I?"
"What does the fox say?"

iPhone:

"Will you marry me?"
"Mirror mirror on the wall who's the fairest of them all?"
"Siri, can you open the pod bay doors?"

Twitter

@metropicks asked: A court orders TekSavvy to name downloaders. What would you do if you were asked to pay piracy damages?

@thebellguy: Request refunds for all the terrible movies I've paid for first

@Canucklehead_ca: Ye lice-infested swine! I only be downloading a single movie: "Booty and the Beast". To ERR is human ... to ARR is pirate!

@UnfunnyTweeter: I'd tell them they could have it all and then draw them a hidden treasure map. Yaarrrr.

Follow @metropicks and take part in our daily poll.

Comments

RE: Students Embrace Our Golden Moment, Watch Canadian Women Beat U.S. In Olympic Hockey, published Feb. 20

No wonder students are ill prepared for the real world in this day. Instead of watching TV at school they should be learning math.
Bucket of Chicken posted to metronews.ca

This is part of our culture, students should be able to celebrate Canada's achievements. I'm proud that I can say I was able to see first hand this part of history. Sincerely, Caledonia Student
P.S. I had math in the morning.
Bucket_of_Awesome posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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DVD review

Gravity

Director. Alfonso Cuarón

Stars. Sandra Bullock, George Clooney

Not since 2001: A Space Odyssey has a film so vividly and realistically transmitted the feeling of being lost in space. Alfonso Cuarón's 3D film captures the deepest blues of Earth and the midnight hues of space, powerfully affecting the senses. High above the blue planet, slowly revealed in widescreen splendor by Emmanuel Lubezki's intoxicating camerawork, two spacewalking shuttle astronauts defy a vacuum and also expectations — and then calamity strikes. A leading contender for best picture at the March 2 Academy Awards, the film also works on a purely emotional level. Sandra Bullock and George Clooney convincingly depict the plight of space travellers facing dwindling oxygen and rescue prospects. Gravity isn't sci-fi. It's a sky high. PETER HOWELL

Hollywood

Harold Ramis GETTY IMAGES FILE

Ghostbusters star Harold Ramis dies

Comedy actor, director and writer Harold Ramis, best known for his roles in movies such as Ghostbusters and Stripes, has died at his suburban Chicago home after a four-year battle with an autoimmune disease, his talent agency said. Ramis, 69, died early Monday morning of complications from vasculitis. Ramis was a key factor in some of the biggest blockbuster comedies in the 1970s and 1980s.

THE ASSOCIATED PRESS

Dust off your bikes and fight for your vegan rights

Portlandia is back. The quirky sketch comedy kicks off its fourth season with a Steve Buscemi bit on the plight of celery

PAT HEALY
Metro World News in Boston

Fred Armisen and Carrie Brownstein are set to bring you another season of Portlandia. AUGUSTA QUIRK/IFC

Over the past three seasons of Portlandia, Fred Armisen, Carrie Brownstein and director Jonathan Krisel have perfected a revolutionary recipe that marries music and comedy with utter absurdity. The fourth season, which premieres next week, furthers their cause, especially with a sketch called The Celery Incident, which has already gone live online.

In the sketch, Steve Buscemi plays a sales representative for celery, desperately trying to compete against other vegetable salesmen who have had recent fantastical, unlikely success with veggies like kale and Brussels sprouts.

"I think Celery embodies — even though it's more genre-specific than some of our other sketches — I think it really embodies the traits of the show that I think are the most successful," says Brownstein, "which is taking a relatable, sometimes timely premise and veering into the absurd, and then hopefully veering even more into surreality, and then somewhere at the heart of this, having some relatable characters that are suffering through genuine and authentic relationship issues."

Just because they use familiar ingredients for their recipe doesn't mean the show is formulaic. Yes, you will see a lot of the characters you've seen in the previous three seasons, but in preposterous situations: Candace and Toni, the owners of Women and Women First bookstore, host a car wash fundraiser; Lance and Nina — Brownstein and Armisen's gender-swapping couple — find themselves in conflict with Jeff Goldblum's mattress salesman over a certain claim he has made that casts everything Lance stands for into doubt.

"We'll have pictures of the characters on a bulletin board and we'll have an idea for something," says Armisen, "and then we kind of shift the idea to each character, like, 'I wonder if they would be good for this?' And then eventually it will just resonate right away, and you'll know it's perfect for a set of characters."

Watch it

- Portlandia season 4 airs on Superchannel starting March 3; see superchannel.ca for air times. Seasons 1 and 2 are available on Netflix.

With such a winning formula, it's understandable that the Portlandia peeps would be protective of what they've created.

"We have worked for four seasons to make this world that feels a little bit specific and strange and hyper-real," says Brownstein. "So we try to keep that world magic and special, but of course in the meantime we have had people from SNL and friends on. There's definitely an open-door policy, as long as it feels germane and doesn't feel conspicuous to have things cross over."

We'd be remiss not asking Armisen if he thought there would be any crossover with his new role as bandleader for Late Night with Seth Meyers, but when it comes to inheriting Questlove's seat, he suddenly turns even more protective.

"I don't want to talk about it," he says, shifting the tone of the conversation into uncomfortable territory. "That's something for my friend Seth and it's fun and I don't want to talk about it because this is about Portlandia and Carrie is on the other line."

He will allow, however, that he's going to be able to take time off to work on Portlandia. "It will be perfect," he says, with a little less attitude. "My focus is Portlandia. That's what I do."

CNN axes Morgan on poor ratings

CNN's prime-time talk show Piers Morgan Live is coming to an end, the news channel says.

Morgan, who succeeded Larry King three years ago, was drawing lacklustre ratings. In contrast, King had a 25-year run on CNN.

The airdate for Morgan's last show has yet to be determined, CNN said in a statement.

Morgan is a former U.K. tabloid editor who reinvented himself as a TV personality with stints as a judge on Britain's Got Talent and its U.S. spinoff, NBC's America's Got Talent, and as a contestant on Celebrity Apprentice.

He hosted BBC's You Can't Fire Me, I'm Famous, and did interview shows and documentaries for ITV.

Morgan told The New York Times that his show lately has "taken a bath in the ratings" but that he and CNN President Jeff Zucker were discussing a new role for him at the channel. CNN's audience has tired of hearing a Brit weigh in on American cultural issues, Morgan said in a story posted online Sunday.

Morgan's future with CNN is undetermined, the channel said.

Last fall, the already struggling Piers Morgan Live faced increased competition from a revised Fox News Channel lineup that included a strong new performer at 9 p.m. EST with Megyn Kelly's The Kelly File.

Morgan served as editor of The Daily Mirror from 1995 to 2004. He has been questioned in connection with Britain's long-running phone hacking scandal.

THE ASSOCIATED PRESS

Piers Morgan THE ASSOCIATED PRESS FILE

SCENE

Sam Worthington ALL PHOTOS GETTY IMAGES

Avatar star Worthington punched photographer who 'kicked' his girlfriend

Avatar star Sam Worthington was arrested in New York over the weekend for allegedly punching a photographer during an altercation outside a Greenwich Village bar, according to Radar Online. Law enforcement sources say the Australian actor was coming to the aid of girlfriend Lara Bingle. "The photographer kicked Lara and then Worthington punched him, causing the photographer to have lacerations to his nose," an NYPD spokesperson says. "He has been charged with assault. He punched the photographer." That photographer, by the way, was also arrested on charges of assault, reckless endangerment and harassment.

Charlie's chuffed with new fiancée Brett ... just don't call her a porn star!

Charlie Sheen is excited about starting a life with his new fiancée, Brett Rossi, but he'd be a lot happier if the press would stop calling her a porn star. "It's absolutely making Charlie crazy that the media keeps referring to Brett as a porn star, because she no longer is doing that. She recently graduated from nursing school," a source tells Radar Online. "Furthermore, her stage name is Brett Rossi, her legal name is Scottine Ross. He wants people to refer to her as Scotti, which is the name she goes by in her personal life. Charlie has told his publicist to tell media outlets to stop calling her a porn star."

Under the provisions of *The Alcohol and Gaming Regulations Act, 1997*

Notice is hereby given that **Duc Kien Nhan & Anh Thieu Nhan**
(Name of applicant: individual/corporation, etc)

has applied to the Liquor and Gaming Authority for a **Off - Sale Endorsement**
(Tavern/Restaurant/Special Use/Manufacturer)

Permit to sell alcohol in premises known as **The Dosu Wok** at **156 4th Street, Pilot Butte, SK.**
(Name of establishment) *(civic address ie. street/town)*

for which the following is a correct legal description:
(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

Lots 16 & 17 Block / Parcel 3 Plan No. D5503 Extension 0
156 4th Street, Town of Pilot Butte, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

Saskatchewan Liquor and Gaming Authority
Box 5054
Regina Sk S4P 3M3

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Baldwin states his case and writes off the fame game

MELINDA TAUB
Metro World News

Here is a partial list of things and people Alec Baldwin slammed in New York Magazine on Monday: the paparazzi, homophobes, people who think Alec Baldwin is a homophobe, CSI, a man in Hawaii who answers the phone rudely, Shia LaBeouf, Rachel Maddow, Broadway, New York, America, the world, 2013.

Baldwin has penned a lengthy piece that is purportedly his resignation from public life, but the bulk of it is essentially a rebuttal to everything you've read or heard about him in the past year. Everything, from his failed attempt to costar with Shia LaBeouf on Broadway to his cancelled MSNBC show to allegations that he'd used a gay slur, is addressed and found to be the fault of a vicious paparazzi culture whose main purpose is to make Alec Baldwin look bad.

Baldwin keeps returning to one episode: An incident in 2013 when a photographer tried to take a picture of Baldwin and his baby daughter, and the actor chased him down the street cussing him out. According to TMZ, Baldwin called him a "faggot." Baldwin insists that's not true, but he blames the fact that he's been falsely labelled a homophobe for everything from the cancellation of his MSNBC show (well, he also blames Rachel Maddow for that) to the fact that he probably can't run for mayor of New York now.

I would have slightly more sympathy for Baldwin's plight if he hadn't used the word "tranny" in the article. Still, the piece is amusing for exactly the thing Baldwin claims to deplore: celebrity gossip. Shia LaBeouf screamed at him for not knowing his lines! Rachel Maddow viewed him as "equivalent to Mel Gibson!" Juicy, Alec. Tell us more.

Lisa Kudrow

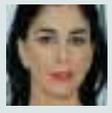
Kudrow and former manager not best of Friends as court case looms

Lisa Kudrow is fighting back against claims by former manager Scott Howard that she owes him a share of her earnings from Friends reruns, according to the Hollywood Reporter. Howard, who is suing Kudrow for $1.7 million US, claims that he and Kudrow had an oral agreement that he would continue to receive a five per cent commission on her Friends earnings even after he was fired in 2007. "I always believed that a personal handshake kind of cemented that personal relationship and that anything more formal felt awkward," Howard testified in court last week. For her part, Kudrow insists she only agreed to pay Howard for the first round of residuals and nothing else.

Twitter

@ElizabethHurley
Uh oh, I just found myself breaking into a Carpenters song. Dogs and birdies horrified.

@EmmaBunton
That's it, I'm going to the gym. Wish me luck, It's been a while!!!



@SarahKSilverman
In a zombie apocalypse the trees win

What does your achoo say about you?

Is it a cold? Is it allergies? It all depends on how long you've been suffering. ISTOCK

Winter blahs. Spring isn't quite here yet and neither is allergy season but that cold might not be a cold after all

MAJA LUNDAGER PEDERSEN
Metro News in New York City

It's been 14 days and that cold you caught is still hanging on. What do you do? Probably nothing. It's just a cold, right? Actually, you might have an allergy. No, allergies aren't just a spring thing.

"What I tell [patients] is, if it lasts for more than nine days, it's not a cold. It's probably either a sinus infection or an allergy," says Dr. Joan Lehach, an integrative medicine physician specializing in allergy, asthma and clinical immunology at Montefiore Medical Center in New York.

Lehach knows it can be hard to distinguish a cold from allergies. "The things that they have in common are you get congestion, you can get a cough, you can get postnasal drip, you can get a headache. You just feel tired and not well."

But there are other signs that indicate your bug may be an environmental issue, rather than a bacterial one. Typically, you are not going to get a fever with an allergy. Your mucus can be clearer in colour — with colds, sometimes it turns green or yellow. You don't get body aches with an allergy, typically, whereas with a cold you might.

Winter allergies do exist, and if you get sneezy during the spring and summer, chances are you'll be affected in colder months too. Common culprits? "Indoor things like dust mites and mold," Lehach says.

Allergies are not just annoying — they can also lead to sinus infections, which are also similar to colds. Allergies set you up for getting actual colds and viruses because your immune system is stressed.

By paying attention to your nasal health, Lehach says you can reduce your risk of catching a wintertime bug. Follow her advice: "The most important thing you can do — and this applies to colds, flus and allergies — is wash your hands and face.

"Also, if the air is too dry, it sets you up for a dry mucosa with cracks in your nose, so when you are exposed to viruses you are more likely to get infected because you have these microscopic cracks. And if it's too moist you are going to grow the mold and the dust mites and the indoor allergens [that] make your symptoms worse as well.

"Try to keep the humidity in your house around 50 per cent. For five or six bucks you can get this little gadget that will tell you the humidity in your house, and then you can either get a humidifier or a dehumidifier, or do something as simple as putting a pot on the radiator and that moistens the air."

For your phone

Phobia Free (iPad, iPhone; $3.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

This therapy app will help you understand and deal with your arachnophobia through relaxation techniques and a progression of virtual spiders, including one you interact with using your phone's camera.

HOW DO YOU SPELL SUCCESS

AN MBA CAN HELP ACHIEVE GOALS

MINERVA STUDIO/SHUTTERSTOCK

Sometimes, you only need three letters to spell success — MBA.

Whether you are looking to increase your career potential, make a career change, or just add more tools to the toolbox, getting a master of business administration (MBA) can help you achieve these goals.

But when it finally comes down to choosing where to study your MBA, there are a number of factors to consider.

First is your time.

Getting your MBA can be quite time consuming, but there are a number of programs that offer different program lengths. Most business schools understand that many students are working professionals and cater to their busy schedules through flexible programming options.

If you plan on keeping your day job while getting your MBA, consider looking at a business school that offers an MBA program that takes place during evenings, weekends, or even online.

While online options are becoming increasingly more popular — with more schools starting offer this option — it is important to consider the value of the networking opportunities available to students who physically attend class. In some cases, potential employment opportunities can come down to who you know and a major pro when weighing your options.

For those who are ready to dive head first into their education, be sure to check out a school that offers a full-time option, or even an accelerated program.

Another factor to consider is your current level of education and whether you meet the entrance requirements to your desired program. When it comes to admissions requirements, each school has its own set. Some may ask for a degree in business to apply, while others may just ask for a university degree — it comes down to each individual school.

Location can also play a key role in the decision-making process.

Some of the best learning opportunities can be made during internships or work placements, so it may be a great idea to focus on a market in which you would ideally like to be employed.

No matter which MBA you decide to pursue, remember that it is an investment in yourself and that return on investment will be worth it in the long haul.

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When one thinks about an MBA program, flexibility is not usually the first thing that comes to mind.

While it may be hard to believe, that is exactly the goal of the Thompson Rivers University (TRU) MBA.

"With our online courses and part-time options that are personalized to meet the student's needs, our students are able to study a quality program and achieve their educational goals while maintaining their work and personal commitments," says Victoria Baker, director MBA program.

As one of the most flexible MBA programs in Canada, TRU students are able to customize their learning styles by either choosing to study on-campus, online or through a blended combination.

While the delivery format for each student may be different, the end goal is the same.

"An MBA is recognized worldwide as a program of study that provides competency in all the major functional management areas of an organization, preparing graduates to lead and manage effectively in today's complex and rapidly-changing business environment," Baker says.

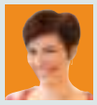
CONTRIBUTED

The TRU MBA is a two-year program, with a possibility of a 12-month accelerated program for those with and undergraduate degree in business.

For more information and to view admissions requirements, visit tru.ca/business/mba.

Health Solutions

Live a little with liver



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

If you truly have a cholesterol problem, turn the page. Still reading? OK, but this is the honour system.

Pâté is a French favourite for a few reasons. It is smooth, creamy and intense, and a little goes a long way flavour-wise.

The addition of duck fat, however, makes it out of bounds for many.

Liver itself is nourishing. It is rich in Vitamin A, which is great for your eyes (unless you are pregnant, then it can be too high for baby), B12, to help keep heart-disease-causing homocysteine levels low, protein and iron.

Aside from duck fat, there are caveats — and big ones. Liver is high in cholesterol, which isn't a problem for most. But if your doctor has asked you to avoid it, do so.

In addition, liver is the organ that cleanses the body of all kinds of toxins. Which means, whatever the animal was exposed to can get concentrated in their liver and you would be consuming pesticide, medication and environmental toxins.

Simple solution? Go organic. Organic chickens are fed organic feed, which reduces their load and, in turn, yours. They are available at health-food stores and well worth the effort. Like, once in a while. Don't be doing this weekly, sheesh.

Trim livers of any fat or and simply pan fry on high heat with garlic and oregano for a traditional Greek treat. It's excellent as an appetizer! Or, bust out the hand blender and puree into pâté. Either way, classic Mediterranean simplicity is at your finger tips.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

All pâté roads lead to a red-wine-sipping kind of meal

THERESA ALBERT
myfriendinfood.com

Traditional pâté is often made with about 50 per cent added saturated fat. This recipe uses extra virgin olive oil and a little bit of butter but nets a smooth and creamy spread that can be the centrepiece for your next Friday night charcuterie platter.

Spread on veggies, add some hummus and make it a simple, red-wine-sipping kind of meal.

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 1 lb organic chicken livers
- 1/4 cup extra virgin olive oil
- 3 tbsp butter, melted and divided
- 1 tbsp balsamic vinegar
- 1/2 tsp sea salt
- 1 tsp thyme
- Black pepper, to taste

1. Clean livers and remove ducts and any fat. Rinse in a colander and place into a large casserole dish.

2. Add remaining ingredients, except pepper, and bake at 300 F for 30 minutes until very firm. Stir once during baking.

3. Allow to cool and use a hand wand to puree well.

4. Using a spatula place into jars, top with ground pepper and drizzle with melted butter.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE FOUND DAILY AT MYFRIENDINFOOD.COM

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FOR YOU Protect against plaque and gingivitis, plus fight pesky bad breath, by keeping a small bottle of Crest Pro-Health Multi-Protection Rinse in your purse for after lunch. Add Crest Pro-Health toothpaste and an Oral-B toothbrush, and soon you'll have a great daily habit.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity. Crest® Pro-Health Multi-Protection Rinse fights gingivitis. Crest Pro-Health toothpaste is for adults and children 12 years and older. Crest Pro-Health Stages toothpaste fights cavities. Oral-B power toothbrushes are for ages 3+.

JUICE UP!

Juice is a terrific source of antioxidants and vitamins, but it usually lacks pulp, so it's low in fibre.[1] Want to give your morning juice or smoothie a tasty fibre boost? Add a dose of Metamucil. It dissolves best in cool liquids and tastes so good you'd never suspect it promotes digestive health[2] and helps lower cholesterol levels[3] to promote heart health. Orange and Pink Lemonade flavours brighten up tangy grapefruit juice, and Berry Blast flavour gives an extra zing to blueberry-pomegranate juice.

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1-Source: http://www.mayoclinic.com/health/juicing/AN02107. 2-By relieving irregularity.
3-Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet.

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You're worried that your kids are packing a little something extr in their backpacks. But you could be the one bringing germs home without knowing it.

Studies have shown that public bathrooms and restaurants aren't the germiest places. Surprisingly, it's humble grocery carts that take the top prize. Upwards of 72% of cart handles have bacteria and those nasty bugs.

Always wash your hands well after touching a grocery-cart handle. Scrub as long as a rendition of "Happy Birthday." Alcohol-based hand sanitizer can help reduce the bacteria on your hands when hand washing is not an option. If you do end up with a cold, DayQuil and NyQuil can help you get back on your feet and feel better fast.

To ensure this product is right for you, always read and follow the label. Vicks DayQuil Cold & Flu relieves fever, headache, cough and nasal congestion. Vicks NyQuil Cold & Flu relieves fever, headache, cough and runny nose.

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† Source Healthcare Analytics, 2012. © 2014 P&G

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Carey Price shows his gold medal to the media at the Montreal Canadiens' practice facility on Monday in Brossard, Que. RYAN REMIORZ/THE CANADIAN PRESS

Price checks back in after 'satisfying' trip

Hockey. Habs goalie coming off high of winning gold and posting stellar numbers

Quoted

"Emotionally, it was a very trying time. I'm just taking the next couple of days to relax and unwind."

Team Canada goalie Carey Price

Carey Price looked a little dazed at the Montreal Canadiens practice facility after returning from Canada's Olympic hockey triumph.

Price arrived with some other players on Monday morning from Sochi, Russia, where his near-flawless goaltending helped Canada to a second straight gold medal in men's hockey.

Still jet-lagged and sleepy, he didn't take part in the Canadiens' practice and will have at least two days off to recover.

He said the gold he flashed for the photographers in front of his locker-room stall "still hasn't sunk in a whole lot.

"I'm sure it will over the next couple of days."

Price went to Sochi not knowing how much work he'd get in the net, but he started Canada's opening game against Norway and ended up playing five of the team's six games. Roberto Luongo got the other start and also got a shutout against Austria.

Price led Olympic goalies with a 0.59 goals-against average as Canada let in only three goals in the tournament. He posted a .971 save percentage and had two shutouts.

Now he feels the confidence gained from that performance will make him a better goalie in the NHL.

"It's satisfying, no question," the 26-year-old said. "There was a lot of doubt about the position going into the Olympics. We heard about it in August at the orientation camp. And to be able to deliver at the right time was huge."

THE CANADIAN PRESS

NHL

X-rays show Stamkos not well enough to play

Injured Tampa Bay Lightning star Steven Stamkos is recovering, but not ready yet to return to the lineup.

Stamkos is sitting out a four-game post-Olympic trip that starts Thursday at Nashville.

Stamkos underwent X-rays on Monday that revealed that his broken right shin, which has sidelined him since November, is improving but not enough for him to be cleared to play in games.

The centre will travel with the team to continue practising, and is expected to be examined again when the Lightning return for a homestand that begins March 6 against Buffalo.

Stamkos was injured on Nov. 11 at Boston. He has 14 goals and 23 points in 17 games this season.

THE ASSOCIATED PRESS

CFL

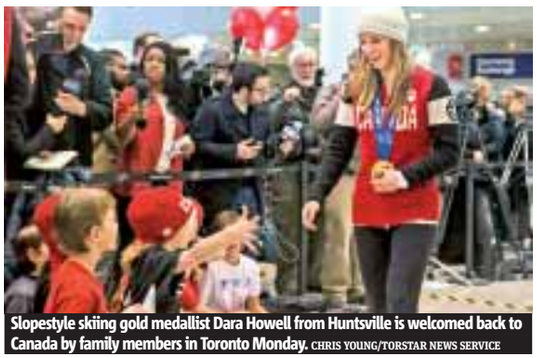
Higgins gets call to take Alouettes into new era

For a second year in a row, the Montreal Alouettes will start the CFL season with a new head coach.

Alouettes owner Bob Wetenhall announced Monday that Tom Higgins will be the club's new head coach.

The former Edmonton Eskimos and Calgary Stampeders bench boss replaces general manager Jim Popp, who took over on Aug. 1 when the inexperienced Dan Hawkins was fired only five games into the 2013 season. THE CANADIAN PRESS

Can Canada keep the gold times rolling?



Slopestyle skiing gold medallist Dara Howell from Huntsville is welcomed back to Canada by family members in Toronto Monday. CHRIS YOUNG/TORSTAR NEWS SERVICE

Canada's Olympic team in Sochi benefited from the afterburn of hosting the previous Winter Games in 2010.

It's a trend, although not a given, that the home country of an Olympic Games can parlay the momentum for another quadrennial or two because of a high-revving sports system.

Canada won 25 medals in Sochi after a total of 26 in Vancouver in 2010.

The Canadian team finished third in overall medals and first in gold four years ago. In Sochi, the final tally was good for fourth overall and third in gold.

Hosting a Games made Canada a winter sport power, but can it last to 2018 and beyond?

"I think it's sustainable," said Steve Podborski, Canada's chef de mission in Sochi. "It's really, really fun to be good at something."

THE CANADIAN PRESS

Hosts' right to boast

- China was second with 100 medals at the 2008 Beijing Games and second with 88 in London in 2012.
- The U.S. has cracked the top three in the Winter Games medal count since hosting in 2002.
- Australia hit a high of 50 medals in Athens after Sydney had the Games in 2000, but fell to 35 in London.

Horoscopes

♈ Aries
March 21 - April 20
There are a number of things you need to get rid of, things that are stopping you from realizing your potential. You know what they are and you know they must go. Now is the time put the past behind you.

♉ Taurus
April 21 - May 21
You need to find ways to further your ambitions while not appearing too selfish. This is a time of great opportunity. Stay calm, stay focused and, above all, stay the course.

♊ Gemini
May 22 - June 21
You are going to have to make a difficult choice and what you decide will affect your life for years to come. Only you can make this choice but it's got to be one thing or the other. The worst choice is no choice at all.

♋ Cancer
June 22 - July 23
The Sun in Pisces boosts your confidence and make it easier to take chances. Not that you should push your luck at every opportunity but you do need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
One of your more impulsive moods could lead to something good . . . or something bad. You will get into risky situations – the sort you like best – but you know how to get out of them too.

♍ Virgo
Aug. 24 - Sept. 23
Because the approaching new moon falls in the partnership sector of your chart you will find it easier to identify with and sympathize with other people's worries. Help them if you can but don't let their worries rub off on you.

♎ Libra
Sept. 24 - Oct. 23
Take care you don't get too close to a situation and lose your sense of perspective. You need to make a conscious decision to stand back from what you are doing and see the bigger picture.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own interests first and start work on something you have been thinking about for months. This is an excellent day for creative activities, so put your doubts behind you and follow your dream.

♐ Sagittarius
Nov. 23 - Dec. 21
If a loved one demands more independence you must give it to them. You should know by now that the harder you try to control other people the more it hurts when they finally break away.

♑ Capricorn
Dec. 22 - Jan. 20
You will get a lot out of social activities today, so make the effort to get out into the world. The more you engage with people the more you will see how similar we all are.

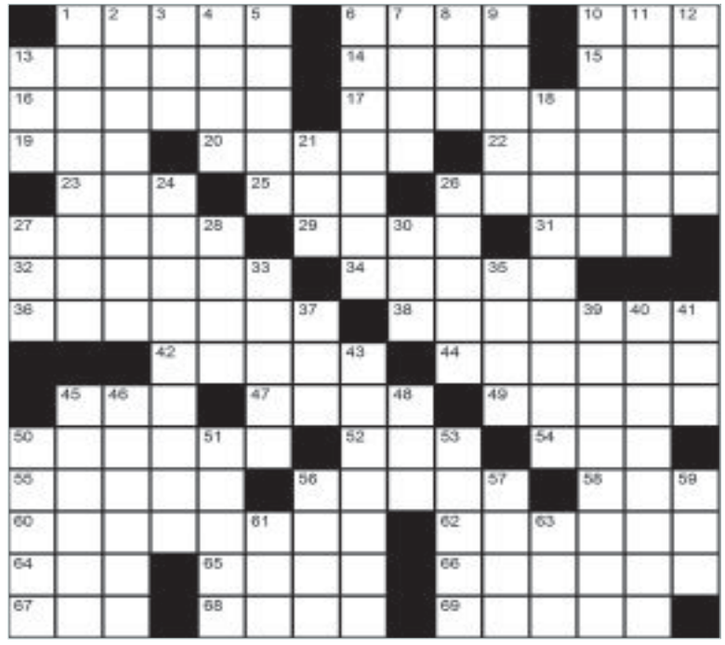
♒ Aquarius
Jan. 21 - Feb. 19
If you want something enough you will find a way to get it, no matter how many obstacles are placed in your path. Whatever challenges you face you are big enough and tough enough to deal with them.

♓ Pisces
Feb. 20 - March 20
Success is yours if you want it enough, so do you? Pisces is often a laid back sort of sign, so maybe you are happy taking each day as it comes. If so, that's okay – you are who you are. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

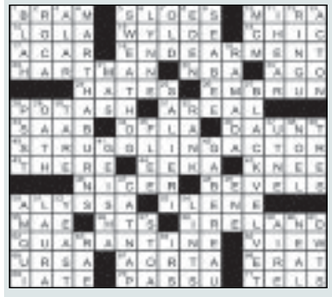
BY KELLY ANN BUCHANAN



Across
1. Nary _ __ (Nobody)
6. Bible boy
10. Ms. Gardner
13. Refinement
14. Taj Mahal's site
15. Vancouver-born actor Mr. Bellows
16. Manitoba: __. __ Provincial Park
17. Oscars: 2014 Best Original Song nominee "Happy" by __ Williams
19. URL ending
20. Singer Ms. Baker
22. Choreographer Mr. Terrio
23. E-Mail sending acronym
25. Santa __, California
26. Pamper
27. Tidal bore
29. "Sand in My Shoes" singer
31. Coral reef
32. Great Pyramid of Giza commissioning Pharaoh
34. Sally Field's Oscar-winning role, __ Rae
36. 1998 Barenaked Ladies chart-topper: 2 wds.
38. Rumour
42. Mister, in Madrid
44. Little wave
45. Is able to
47. United __ Emirates
49. Reservations
50. Least wild
52. Global currency org.
54. Green Day drummer, __ Cool
55. Stevie Wonder's "_ __ Called to Say I Love You"
56. Cherish
58. "The Age of Innocence" (1993) actress ...her initials-sharers
60. Laurentian locale, Saint-__
62. Reverberations
64. French article
65. Marvel Comics superhero
66. Flunky
67. Bottom-of-letter letters
68. Articulates
69. 1953 John Wayne movie

Down
1. German highway
2. Robert Service poem, The Cremation of __ __
3. __ _ whim
4. Calif. campus
5. British singer Ms. Lewis
6. 2014 Best Picture nominee, "__ Phillips"
7. Turkish official or military title
8. Mr. Gershwin
9. Elaine __ ("Taxi" role for Marilu Henner)
10. Schedule
11. In a despicable manner
12. Festive song: "O Come, __ __ Faithful"
13. White House defence advisory gr.
18. Locale of pre-Oscars telecast action: 2 wds.
21. Polit. designation
24. __ Pass (Alberta community in The Rockies)
26. Apples gadget
27. Green
28. Sword sort
30. Play-__
33. La Chambre Rouge occupant, __ du Canada
35. But: French
37. North or South country [abbr.]
39. BC mining community
40. Other self: 2 wds.
41. Thumbs-up
43. Invading ilks
45. Descendants of Acadians in Louisiana
46. Makes funny
48. Canuck financial inst.
50. Standstill
51. Sporty figures
53. New
56. Skipper's salute
57. Prefix meaning 'Outer'
59. Compass dir.
61. "__-ching!"
63. Distinguished [abbr.]

Yesterday's Crossword



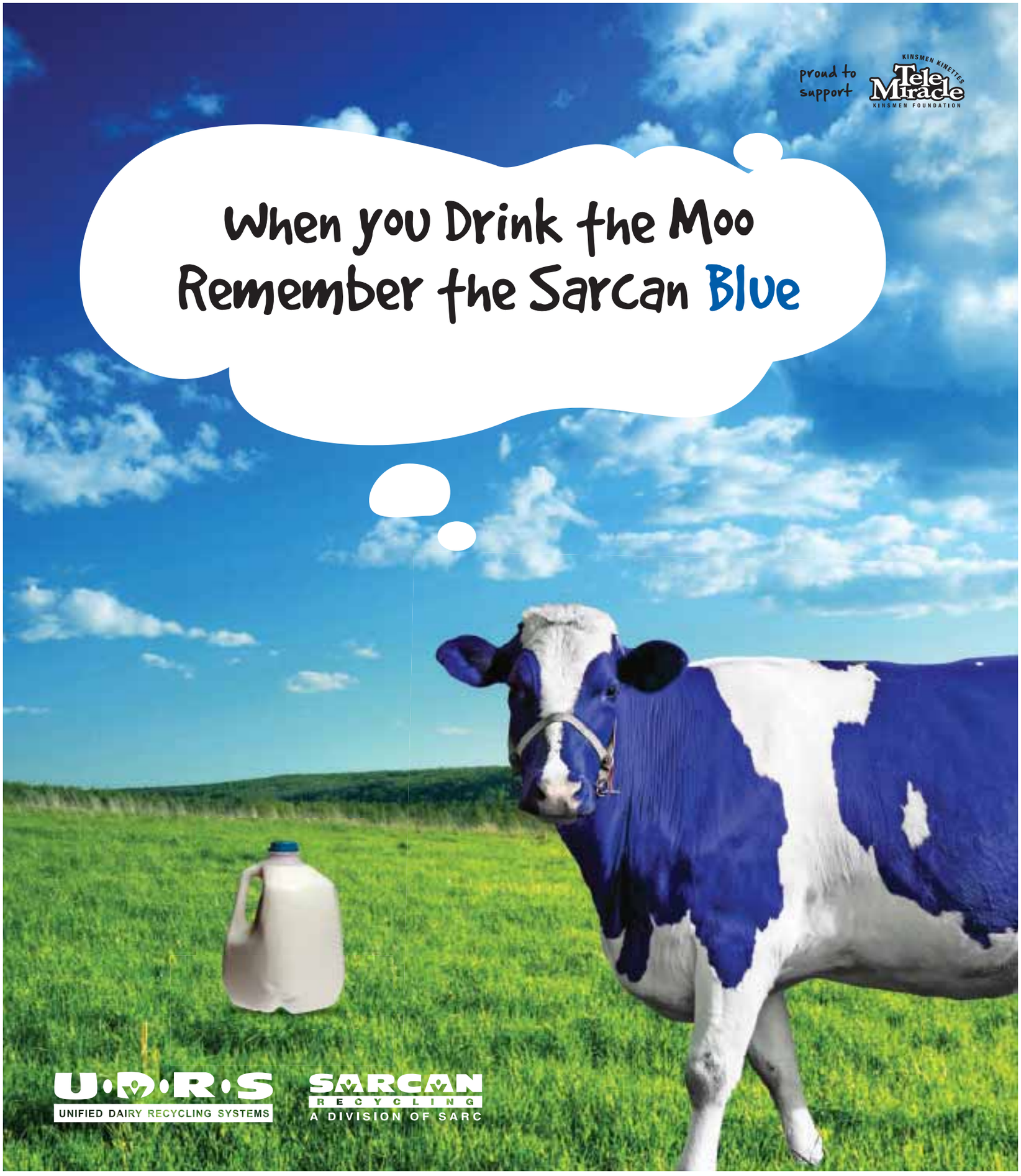
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			7				3	1
1	5				4			
9				5			8	4
	1			3		2		
3								7
		2		6			4	
8	9			7				3
			5				7	6
2	7				9			

Yesterday's Sudoku

6	7	3	8	4	9	1	2	5
2	8	5	1	7	6	4	9	3
1	9	4	2	3	5	8	7	6
5	2	7	3	8	4	6	1	9
4	6	9	5	2	1	3	8	7
3	1	8	9	6	7	5	4	2
9	4	6	7	5	8	2	3	1
7	5	2	4	1	3	9	6	8
8	3	1	6	9	2	7	5	4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